



Notes from Dr. K

Advice from Associate Medical Director, Dr. Kathleen Bowen

New Year, New You . . .

The energy and excitement that comes with beginning a new year can be dampened by the sometimes forced, and often unachievable, New Year's resolution. The article about using **Behealthy.com** as a resource to achieve a new you this new year struck home with me. As a physician, I believe in the advantages these tools offer patients in starting the year off with realistic goals based on maintaining or achieving good health in 3 easy steps.

Step 1: Take the HealthQuotientSM (HQ). Go online and learn what factors can negatively affect your health. The website is confidential, secure and the HQ is easy to complete. Your results allow you to choose the areas of concern on which to focus. You can share the results with your healthcare provider and work together to achieve a healthier you.

Step 2: Create a Personal Health Record (PHR). Know what's going on with your health so you can make health decisions that fit your goals and time schedule. Information from your PHR can also be shared with your healthcare provider.

Step 3: Engage. Our online programs offer personalized recommendations to maintain or improve your health and live a healthier life. The online programs are simple and offer healthy solutions that fit your busy life.

Get started today and visit Behealthy.com. I wish you a successful, healthy New Year!

Get Healthy • Live Healthy
Be Healthy

A Positive Attitude for the New Year!



Life tends to bog us down with everyday events that can be stressful and affect our attitude. We struggle to balance work, family, finances and so much more. It can be difficult at times to maintain a positive attitude. Below are some simple steps to help change your mindset to be more positive this year.

- Smile and laugh often.
- Do what you love.
- Get plenty of rest.
- Exercise regularly.
- Take time for yourself.
- Surround yourself with positive people.
- While talking, use only positive words such as, "I can," "I am able," "it is possible" and "it can be done."
- Keep in mind that you can't please everyone.
- Read inspiring stories and quotes.
- Play board games with family and friends.
- Always sit and walk with your back straight. This will build up your confidence and inner strength.

Developing a positive outlook on life takes practice. Don't expect to embrace a positive attitude overnight. Make small changes and see how quickly positive thinking brings inner peace, success, improved relationships, better health, happiness and personal satisfaction. It's all about your attitude!

Be Healthy Recipe

Apple Sweet Potato Bake *Serving size: 6 servings.*

Sweet potatoes have all three of these antioxidants: vitamins A, C, and E! You can make this recipe without peeling the sweet potatoes or the apples.



Source: WebMD® Recipe from the WebMD Weight Loss Clinic

- 5 cups thinly sliced sweet potatoes (or yams), about 1 1/2 sweet potatoes
- 2 cups thinly sliced apples, such as pippin or Granny Smith (about 2 small)
- 1/4 cup dark brown sugar, packed
- 2 tablespoons reduced-calorie pancake syrup
- 1/2 teaspoon ground cinnamon
- 1/2 cup apple juice or orange juice
- 1/4 cup walnut pieces or chopped walnuts

Preheat oven to 375 degrees. In a large bowl, toss the sweet potatoes, apple slices and brown sugar together. Spoon into a 9x9-inch or similar-sized baking dish. In a small bowl, blend syrup with cinnamon. Stir in the apple juice. Pour evenly over sweet potato mixture. Sprinkle walnuts over the top. Cover baking dish with lid or foil and bake for 30 minutes. Remove foil and bake about 15 minutes longer (or until apple and sweet potatoes are cooked throughout).

Nutritional information per serving: 128 calories
2 g protein 3 g fat (0.2 g saturated fat,
24 g carbohydrate 0.7 g monounsaturated fat,
24 mg sodium 2 g polyunsaturated fat)
2.2 g fiber Calories from fat: 21%.
0 mg cholesterol

Did you know?

Healthy ways to relax and renew the body

- Go for a walk. 
- Spend time outdoors.
- Call a good friend.
- Exercise regularly.
- Write in your journal.
- Take a long bath.
- Light candles. 
- Enjoy a warm cup of tea.
- Play with a pet.
- Work in your garden.
- Get a massage. 
- Read a good book.
- Listen to soothing music.
- Watch a comedy.

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BeHealthy.com: New Year, New You!

The New Year is a great time to take advantage of the many resources offered at **BeHealthy.com** to help manage your overall health.

This secure website is personalized according to your lifestyle. Check out some of the resources available to empower you to become a better scholar of your own health:

HealthQuotientSM ■ Take this health assessment to learn more about your health and how to reduce health risks.

Personal Health Record ■ Keep your health information in one centralized location by creating a Personal Health Record. You can enter information or choose to have data from your claims automatically added to your record.

Lifestyle Improvement Programs ■ Enroll in one of the many programs and get step-by-step guidance to help you reach your goals. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Hospital Quality Comparison ■ Compare the number of patients, complication rates and length of stay for a variety of procedures at hospitals near you.

Health Trackers ■ Monitor your health with a variety of trackers for blood pressure, cholesterol, weight, stress and more.

Take advantage of these valuable resources by visiting **BeHealthy.com** and signing in to *myBlueCross*.

Exercise: The Bare Minimum

Most people know it's important to be physically fit, but a lot of us aren't sure how to achieve this goal. Research shows that regular physical activity can help prevent certain illness and diseases. Do your best to meet the minimum exercise requirements from the American College of Sports Medicine:

• Aerobic training

At least 5 days a week of moderate-intensity exercise for 30-60 minutes a day; or 3 days a week of vigorous-intensity exercise 20-60 minutes a day.

• Resistance training

A minimum of 2-3 days a week and 48 hours between sessions. Do 2-4 sets per exercise and 8-12 reps per set. Take 2-3 minutes of rest between sets.

• Flexibility training (stretching)

At least 2-3 days a week. Hold each stretch for 10-30 seconds and repeat each stretch 2-4 times.

• Functional fitness (Pilates, Tai Chi, Yoga)

Aim for 2-3 days a week for 20-30 minutes a day.



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Recipes featured in this newsletter are provided by WebMD Weight Loss Clinic. WebMD is an independent company.

Visit www.behealthy.com
for tools and information
for a healthy lifestyle.